WARTIME RECIPES *that taste good*

Know your

There are three types of raisins carton-packed by Sun-Maid. Each has a distinct flavor. Try all three.

Actual Size of Raisins

SEEDLESS

Natural Thompsons. Best to eat right out of the package and where recipes call for uncooked raisins. Packed in 15-oz. red packages, and Lunch Box Size (2-oz.) (PennyPack—½ oz.—have "gone to war.")

SEEDED

Puffed Muscats, treated with pure raisin-seed oil to prevent stickiness. Best for baking. In 15-oz. blue packages, 2-lb. and 4-lb. cellophane bags.

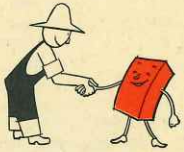
NECTARS

Thompson Seedless, treated with pure raisin-seed oil. For cooking recipes. In 15-oz. red packages and 2-lb. and 4-lb. cellophane bags.

Also packed by Sun-Maid are Zante Currants, with a sharp, "tangy" flavor. Delicious alone, or combined with raisins, in fruit cakes and other baked goods. You'll find them in the yellow Sun-Maid 11-oz. package.

Raisins

ALL AMERICAN RAISINS are grown within 100 miles of Fresno, in California's San Joaquin Valley. Here rainless summer days are perfect for ripening and drying the grapes in the sun.



3,000 expert growers own and operate Sun-Maid co-operatively. They share their vineyard knowledge to produce the finest raisins. Skilled experts supervise each step of the cleaning, processing, and packing. Only the best are sold under the Sun-Maid label.

Sun-Maid Raisins are ideal travelers because they are **all** food. Since 80% of the excess moisture is wrung out by the sun, they are shipping-space savers. In drying, their starch is converted into predigested fruit sugar—a human **energy** food.

High energy BREAKFAST DISHES

Gourmet French Toast

⅔ cup Sun-Maid Seedless Raisins
½ cup honey
4 tbsp. butter or margarine
1 tsp. grated orange rind
6 servings French toast

Chop raisins after rinsing; combine with honey, butter and orange rind and blend thoroughly. Serve over hot French toast.

Sunday Morning Coffee Cake

Batter:
1 cup Sun-Maid Raisins
5 tbsps. shortening
5 tbsps. sugar
1 tsp. salt
1 unbeaten egg
1 cup buttermilk
2¼ cups sifted all-purpose flour
1 tsp. soda
1 tsp. baking powder
1 tsp. nutmeg

Topping:
1 well beaten egg
3 tsps. melted butter or margarine
½ cup sugar
1 tsp. cinnamon

Rinse raisins in boiling water, drain. Cream shortening with sugar and salt; add egg and beat well. Add buttermilk, then the flour sifted with soda, baking powder, and nutmeg. Beat well. Add raisins and beat again. Pour into 2 greased pans (8" square). Combine all the topping ingredients, beat well and spread over batter. Bake 15 minutes in a moderately hot oven (375° F.) then raise temperature to hot (400° F.) and continue baking about 10 minutes. Serve hot.

Raisin Bran Muffins

¾ cup flour
4 tsps. baking powder
½ tsp. salt
1 cup bran
1½ tsps. molasses
1 tbsp. melted butter or shortening
½ cup Sun-Maid Raisins
½ cup milk
1 egg

Sift flour, baking powder and salt together, add bran, molasses, melted butter, raisins and the milk gradually. Then add the well beaten egg and bake in muffin tins in a moderately hot oven (375° F.) for 20 to 25 minutes. Will make 10 muffins.

New Ideas for Breakfast

1. Add steamed Sun-Maid Raisins to hot cereal while it is cooking. (To steam: suspend raisins in wire strainer over boiling water in covered sauce pan).

2. Add steamed Sun-Maids to cornmeal mush while cooking. Mold leftover mush in bowl, chill, slice and fry for breakfast another day.

3. Sprinkle raisins over uncooked cereals in place of sugar.

4. Add a handful of Sun-Maid Raisins to eggs before scrambling.

5. Add finely ground raisins to waffle or pancake batter. They provide just the right amount of sweetening.

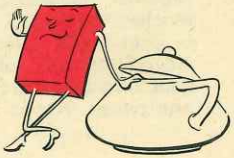
Butterscotch Rolls

3 cups flour
2 tbsps. baking powder
1 tsp. salt
6 tbsps. shortening
1 cup milk
1 egg, beaten
Soft butter or margarine
¾ cup brown sugar
2 tsps. cinnamon
½ cup Sun-Maid Raisins

Sift together dry ingredients, cut in shortening finely, using a fork or pastry blender. Add beaten egg to milk and stir into dry ingredients to make soft dough. Roll out ¼" thick, brush with soft butter or margarine, sprinkle with brown sugar, cinnamon and raisins. Roll up like jelly roll. Cut into 2" slices. Cream 6 tbsps. brown sugar with 3 tbsps. soft butter or margarine. Spread this mixture in bottom of baking pan or skillet. Place pieces of dough in pan, cut-side down. Allow to stand 15 minutes; bake in moderate oven (375° F.) about 30 to 40 minutes. Remove from pan at once, turning upside down. Makes 10 rolls.

SUN-MAIDS SAVE SUGAR

Sun-Maids are 63% natural fruit sugar . . . . called predigested sugar because it becomes bodily energy without waiting for digestive action. Dishes containing raisins need litle or no sugar for sweetening.



Appetizing new LUNCHEON IDEAS

Raisin Spaghetti Ring

- 2 cups uncooked spaghetti
- 1 cup Sun-Maid Seedless Raisins
- 1 cup grated strong cheese
- 1 cup soft white bread crumbs
- ¼ cup finely cut parsley
- 1 tbsp. finely cut onion
- 1 tsp. salt
- 2 eggs
- 1½ cups milk
- Pepper

Boil spaghetti until tender; drain. Rinse raisins in hot water and drain. Combine spaghetti, raisins, cheese, bread crumbs, parsley, onion, salt and pepper and mix lightly. Beat eggs, add milk and mix with other ingredients. Pour into a greased ring mold, set in a pan of cold water and bake 1¼ hours in a moderate oven (350° F.). Unmold on platter and fill center with creamed fish or serve plain with a garnish of parsley and tomatoes. Serves 6 to 8.

Gingerbread Supreme

- ½ cup chopped Sun-Maid Nectar Raisins
- ½ cup granulated sugar
- ¼ cup butter or margarine
- ¼ cup shortening
- ¼ tsp. salt
- 2 tsps.. soda
- 1 tsp. ginger
- ½ tsp. cinnamon
- ½ cup molasses
- 1¾ cups sifted all-purpose flour
- 2 eggs
- 1 cup boiling water

Rinse and drain raisins before cutting. Cream sugar with butter and shortening. Add salt, spices and molasses and mix thoroughly; add beaten eggs and stir to blend. Add flour sifted with soda and beat mixture 3 or 4 minutes. Add water and beat again. Pour two-thirds of mixture into greased baking pan (about 9½x13x2 inches), sprinkle raisins over batter and add remaining batter. Bake about 45 minutes in a slow oven (300 to 325 degrees F.). Serves 8-10.

Raisin Crunch

- 1 cup Sun-Maid Seedless Raisins
- ½ cup molasses
- ½ cup brown sugar
- ½ cup butter
- ¼ cup water
- ¼ tsp. salt

Rinse raisins, drain and dry thoroughly on a towel. Boil together molasses, sugar, butter and water until it reaches the "hard crack" stage (290° F.) when tested in cold water. Stir constantly to prevent burning. Remove from fire, add salt and raisins, stir to blend, and pour into a buttered pan, spread thin. When cold break into pieces. About 2 dozen.

Salads

RAISIN-CARROT. Rinse ½ cup Sun-Maid Seedless Raisins in hot water and combine with 1 cup finely chopped raw carrots, 1 diced tart apple, ½ cup finely diced celery, ½ cup chopped walnuts, ¼ tsp. salt, dash of cayenne and 4 tbsps. mayonnaise. Chill and serve on lettuce. Serves 6.

PRESS CLUB SPECIAL. Combine ½ cup Sun-Maid Seedless Raisins, 1 diced apple, ½ cup chopped walnuts, 1½ cups diced chicken, ½ cup diced celery with enough mayonnaise or salad dressing to moisten. Serve on lettuce topped with strips of cheese, ham or luncheon meat. Serves 4.

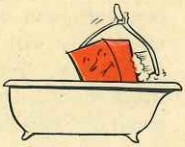
DUTCH TREAT. Rinse ½ cup Sun-Maid Seedless Raisins in boiling water; drain. Combine with 2 cups shredded raw carrots, 1 cup shredded cabbage or sliced celery and ¼ cup sweet pickle relish. Add mayonnaise or salad dressing, season to taste and mix lightly. Serves 4 to 6.

VITAMIN-RICH. Rinse 1 cup Sun-Maid Seedless Raisins in hot water and drain. Soften 1 tbsp. plain gelatin in 4 tbsps. cold water and dissolve over hot water. Combine ¼ cup tomato catsup, 1 tsp. prepared mustard, 1 cup mayonnaise and salt to taste, add dissolved gelatin and stir to blend. Pour over combined raisins and ½ cup chopped green sweet pepper, 2 cups shredded raw cabbage, 1 cup shredded raw carrots, 1 cup shredded raw turnips, ½ cup finely sliced celery and mix well. Place in individual molds and chill. Unmold and serve on lettuce with a garnish of mayonnaise. Makes 10 molds.

WALDORF JELL. Rinse ¾ cup Sun-Maid Seedless Raisins in hot water. Dissolve 1 3¼-ounce package lime flavored gelatin in 1¾ cups hot water; cool. Toss 1 cup finely cut apple and ½ cup finely cut celery in 1½ tbsps. lemon juice. When gelatin begins to set add raisins, apple, celery, 2 tbsps. mayonnaise, ⅛ tsp. salt and mix thoroughly. Pour into individual molds. Chill until firm. Stir once after gelatin begins to set so fruit will be evenly distributed. Unmold on lettuce or Romaine on salad plates. Top with dressing: ½ cup mayonnaise, 5 tbsps. grated Parmesan cheese, and few drops Tobasco sauce, blended thoroughly. Serves 6.

SUN-MAIDS ARE CLEAN

Sun-Maids are laid in the sun of the vineyard to dry—nature's way. They are washed, dry cleaned, and washed again during processing.



For the LUNCH BOX

SANDWICH SPREADS

1. Combine ½ cup peanut butter with 2 tbsps. mayonnaise or honey, ¼ cup chopped Sun-Maid Seedless Raisins.

2. Mix shredded raw carrots, Sun-Maid Raisins and mayonnaise. Add dash of tobasco sauce for variety.

3. Mash cream cheese, blend with a little milk and whip smooth; add chopped Sun-Maid Seedless Raisins.

4. Blend ¼ cup chopped Sun-Maid Seedless Raisins with ½ cup grated cheese, 2 tsps. finely chopped onion, and 2 tsps. pickle relish. Spread between buttered slices of bread. Toast on both sides.

5. Chop Sun-Maid Seedless Raisins and nuts together; moisten with mayonnaise, honey or orange marmalade.

Oatmeal Cookies

¾ cup shortening
1 cup sugar
2 eggs
1 cup and 2 tbsps. flour
1 tsp. baking powder
1 tsp. salt
1 tsp. cinnamon
⅓ cup milk
1 tsp. vanilla
1 cup Sun-Maid Seedless Raisins
3 cups rolled oats (uncooked)

Cream shortening and sugar thoroughly. Beat in the eggs, one at a time. Sift together the flour, baking powder, salt, and cinnamon. Add to the creamed mixture alternately with milk. Stir in vanilla. Add raisins and rolled oats. Drop from a teaspoon on greased cooky sheet, and bake in a moderately hot oven (375° F.) about 15 minutes. Makes 3 dozen.

Apple Sauce Cake

- 1 cup sugar
- 1 tsp. soda
- ½ cup butter or shortening
- 2 cups flour
- 1 cup nuts
- 2 eggs, unbeaten
- 1 tsp. allspice
- 1 cup unsweetened apple sauce
- 1 tsp. nutmeg
- 1 tsp. vanilla
- 2 tsps. cinnamon
- ¼ tsp. cloves
- 1½ cups Sun-Maid Seedless Raisins

Cream butter and sugar. Add eggs and mix soda in applesauce and add. Add sifted flour, spices, nuts and raisins—reserving a little flour to mix with the raisins just before adding. Add vanilla. Bake about 50 minutes in oven at 350° F. Sprinkle with powdered sugar. 16 servings.

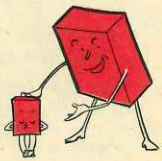
Orange Cup Cakes

- ¼ cup shortening
- ½ cup sugar
- 1 tbsp. grated orange rind
- 1 egg
- 1 cup flour
- ¼ tsp. salt
- ½ tsp. soda
- ½ tsp. baking powder
- ⅓ cup buttermilk or sour milk
- 1 cup Sun-Maid Seedless Raisins

Thoroughly cream shortening with sugar, add orange rind; add egg and beat well. Add sifted dry ingredients alternately with buttermilk. Add raisins. Fill greased cup-cake pans two-thirds full. Bake in moderate oven (350° F.) 25 minutes. Remove from pans and serve warm or cool. Makes 1 dozen cup cakes.

LUNCH-BOX SIZE SUN-MAIDS

The 2-ounce Lunch-Box size package is ideal for workers' and children's lunch boxes. Sun-Maid Raisins are, of course, clean and ready to eat right from the package.



Easy-made DINNER SUGGESTIONS

Sun-Maid Nut Bread

- 1 cup Sun-Maid Seedless Raisins
- 1 egg
- 1 cup milk
- 1 cup granulated sugar
- 3½ cups sifted all-purpose flour
- 4 teaspoons baking powder
- 1 teaspoon salt
- ½ cup chopped nut meats

Rinse and drain raisins. Beat egg, mix with milk and sugar. Combine with flour sifted with baking powder and salt. Add nuts and raisins and beat thoroughly. Pour into a greased, paper-lined bread pan. Bake about 1½ hours in a slow oven (300° F.). Makes one medium-sized loaf.

Baking Powder Biscuits

- 2 cups sifted flour
- 2 teaspoons baking powder
- 1 teaspoon salt
- 4 tablespoons shortening
- ¾ cup Sun-Maid Raisins
- ⅔ cup milk

Rinse and drain raisins. Sift dry ingredients together. Work shortening into dry mixture. Add milk and raisins, stirring to make a soft dough. Lightly roll on floured board to about ¾ inch thickness. Cut with floured 2-inch biscuit cutter and place in greased shallow pan. Bake immediately in hot oven (450° F.) 12 to 15 minutes. Makes 14 biscuits.

Energy Casserole

- ½ cup Sun-Maid Seedless Raisins
- 4 cups shredded raw carrots
- 4 tbsps. butter or margarine
- ½ tsp. salt
- Pepper

Rinse raisins in hot water, mix with carrots and place in a greased casserole; dot with butter and sprinkle with salt and pepper. Cover dish and bake about 50 minutes in a moderate oven (350° F.). Serves 4.

Wartime Meat Loaf

- 1 lb. ground lean veal, pork, or beef
- ½ cup Sun-Maid Seedless Raisins
- 1 large onion, chopped
- 1 cup uncooked rolled oats
- 1 cup bread crumbs
- 1½ tsps. salt
- ¼ tsp. pepper
- ¼ tsp. poultry seasoning
- 1 egg, beaten
- 1¼ cups water

Combine ingredients in order given, pack into greased small loaf pan, and bake in a moderate oven (350° F.) 1 hour. Serve hot or cold. Serves 6.

Raisin Meat Sauce

- ½ cup brown sugar
- 1 tbsp. flour
- ¾ cup water
- ¼ tsp. salt
- ¼ cup orange juice
- 3 tbsp. lemon juice
- ½ cup Sun-Maid Seedless Raisins
- 1 tablespoon butter

Mix sugar and flour and add water; bring to boiling point. Add salt, orange juice, lemon juice, and raisins and boil slowly for five minutes. Add butter. 6 to 8 servings.

Seasoned Apple Stuffing

- 1 pound loaf of bread
- 2 tablespoons Sun-Maid Seedless Raisins
- 2 apples, sliced
- ½ teaspoon cinnamon
- 1 tablespoon sugar
- 1 teaspoon spiced seasoning
- Yolks of 3 eggs
- 1 cup canned milk, undiluted
- Salt to taste

Dice bread, brown slightly, and soak in milk, mix well with other ingredients, and put into fowl.

HAD YOUR IRON TODAY?

One cup of Sun-Maids supplies 60% of the iron needed daily by the average adult. In addition, they contain substantial quantities of calcium, phosphorus, copper and other minerals.

Delicious Family DESSERTS

Apple Roll

Biscuit dough (made with 2 cups flour or prepared biscuit mix)
2 cups chopped tart apples
½ cup Sun-Maid Seedless Raisins
1 cup sugar or corn syrup
1 tsp. cinnamon
¼ tsp. nutmeg
1 cup water
1 tbsp. margarine

Roll biscuit dough ¼ inch thick, spread with apples and Sun-Maids. Sprinkle with cinnamon. Roll up and slice like cinnamon rolls, 1 inch wide; place cut side down in greased baking pan. Combine remaining ingredients; heat to boil and pour over rolls. Bake in moderate oven 40 to 50 minutes. Serve with top milk. Serves 8 to 10.

Raisin Prune Whip

½ cup coarsely chopped Sun-Maid Seeded Raisins
1 cup coarsely chopped cooked prunes
¼ cup chopped wanuts
1 tsp. cinnamon
2 tbsps. lemon juice
1 tbsp. honey
3 egg whites
⅛ tsp. salt
3 tbsp. sugar

Combine chopped raisins and prunes with walnuts, cinnamon, lemon juice, and honey. Add salt to egg whites, beat stiff, gradually beat in sugar. Fold in fruit mixture, pour into buttered shallow baking dish or individual casseroles, and bake 40 minutes in a moderate oven (325° F.). Cool in baking dish. (The whip will shrink as it cools). Serve with chilled custard sauce or plain or whipped cream. Serves 6.

Sun-Maid Nut Pie

2 cups Sun-Maid Seeded or Seedless Raisins
¾ cup water
1 tbsp. vinegar
1 tbsp. butter or margarine
½ cup chopped walnuts
⅔ cup sugar
1 tbsp. flour
¼ tsp. salt
Pastry for 2-crust pie

Add water to raisins and let simmer until about ¼ cup liquid is left on them. Add vinegar, butter, and walnuts; let cool slightly. Mix sugar, flour, and salt, and stir into raisin-walnut mixture. Line 8-inch pie pan with pastry, turn in raisin mixture, cover with top crust or lattice strips; bake in a hot oven (450° F.) for 10 minutes, then 375° F. for 25 minutes longer. Serve slightly warm.

Dressy Sauce For Plain Desserts

- ½ cup honey
- ½ cup sugar
- 3 tbsps. butter or margarine
- 1 tsp. grated orange rind
- 1 cup cold water
- ¾ cup Sun-Maid Seedless Raisins
- 1 tbsp. lemon juice
- 1 tbsp. cornstarch

Blend the honey, sugar, butter, orange rind, water, cornstarch, raisins and lemon juice. Stir and bring to boil. Cook 4 to 5 minutes. Serve warm over plain cake, rice, bread or any type pudding.

Raisin Brown Betty

- 3 cups finely chopped sour apples
- 1 cup Sun-Maid Seedless Raisins
- ½ cup brown sugar
- 1 tbsp. butter or margarine
- ¼ tsp. nutmeg
- ¼ tsp. cinnamon
- 1 cup soft bread crumbs

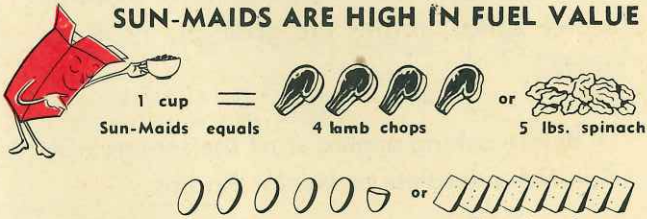
Butter a pudding dish; put in a layer of apples, cover with a layer of raisins, sprinkle with some of the sugar, add bits of butter and a little nutmeg and cinnamon. Repeat until all materials are used, finishing with a layer of crumbs. Dot with butter and sprinkle with sugar. Cover and bake in a hot oven (400° F.) until apples are tender, about one hour. Uncover and brown. Serve with top milk or pudding sauce. Serves 6.

Australian Cookies

- ¾ cup butter or margarine
- 1 ½ cups sugar
- 3 eggs, beaten
- 2 tbsps. milk
- 1 tbsp. brandy or 1 tsp. vanilla
- 3 cups flour
- ½ tsp. salt
- 1 tsp. soda
- ½ tsp. cinnamon
- 2 cups Sun-Maid Raisins
- 1 ½ cups walnuts

Cream butter with sugar until light and fluffy. Add beaten eggs, milk and flavoring. Sift flour, salt, soda, and cinnamon and add. Stir in raisins and nuts. Drop by spoonfuls on greased cookie sheet and bake 12 to 15 minutes in a hot oven (400° F.). Makes 3 dozen large cookies.

SUN-MAIDS ARE HIGH IN FUEL VALUE



The TASTE'S the thing!

Wartime meals, especially, need taste picker-uppers to avoid monotony. Raisins combine with almost any food and give your dishes a new, interesting flavor. Try these taste-treats; you'll think of scores of others, yourself.

Toss a handful of raisins into any vegetable as it cooks. You'll find a new flavor the family will like.

A bowl of mixed Sun-Maid Seedless Raisins and salted nuts is a tasty and healthful mid-afternoon or late-evening refresher. The raisins balance perfectly with the saltiness of the nuts.

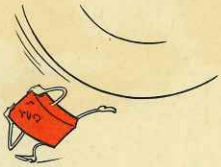
Sun-Maid Raisins season all meats. Cook them with the gravy or stuffing.

Give children Sun-Maid Raisins in place of scarce candy; raisins are good and good for them.

Before baking apples, stuff the centers with Sun-Maid Seedless or Nectar Raisins.

TO CHOP RAISINS

Raisins chop easily when they are moist and soft. Rinse before chopping. Sun-Maid Nectars and Muscats won't stick to the knife. For Seedless, dip your knife in hot water before cutting. In all recipes calling for chopped raisins, ground raisins may be substituted.

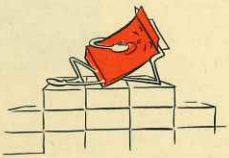


TO RINSE RAISINS

Rinse raisins loosely in warm or hot water. Don't soak or boil them. They will plump out with rinsing, but may soak up too much water if boiled or soaked. Sun-Maids are clean, do not require washing.

TO STORE RAISINS

Even in opened packages Sun-Maid Raisins will keep fresh for weeks in a cool, dry place. Keep raisins away from foods which have strong odors.



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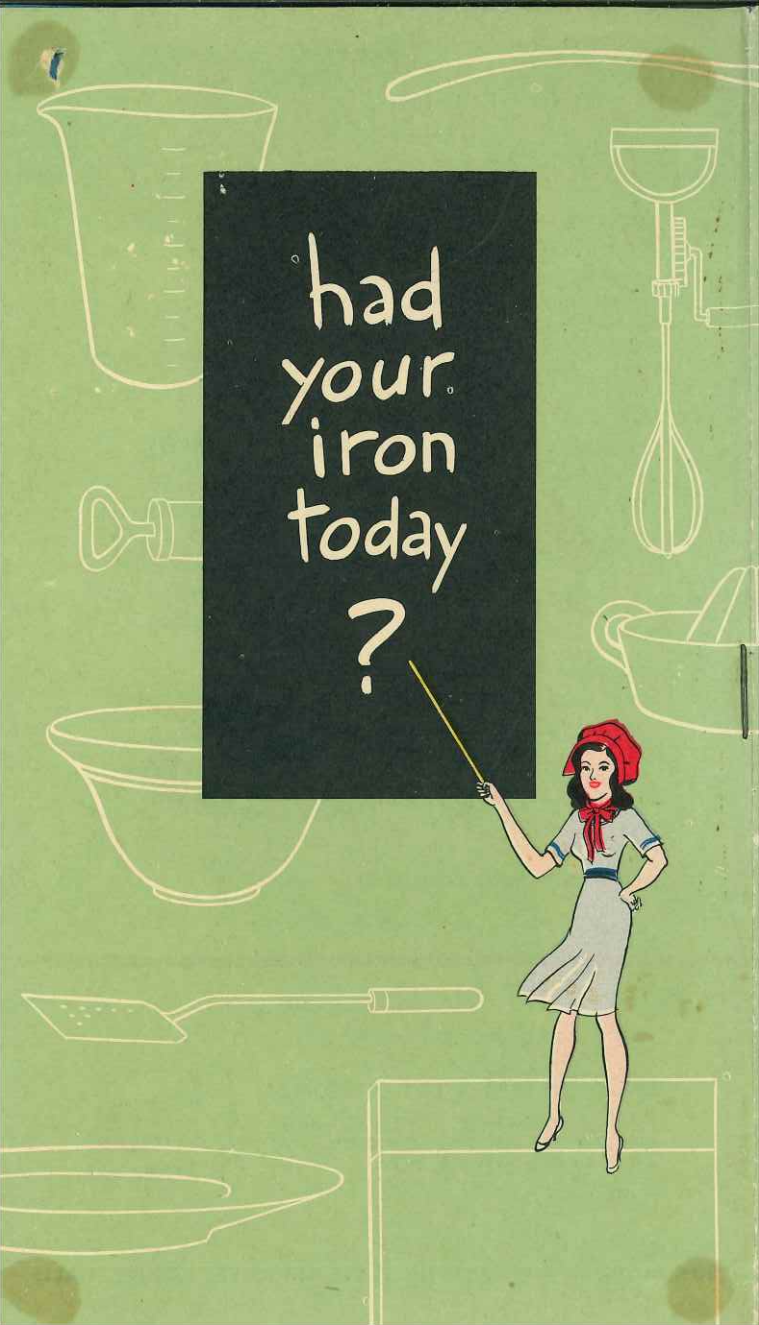
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